

2011 MAY

Uxbridge Senior Center Programs & Events & Lunch Menu

36 South Main Street

Marsha Petrillo – Director – 278-8622

Susan White – Administrative Assistant – 278-8622

Peter Weager – Van Driver

Meg Walsh – Outreach Coordinator – 278-8638

Beverly Clark – Tri Valley Nutrition Site Manager – 278-7609

Lunch pick up begins at 10:30 am each day.

Call Bev to reserve your lunch 48 hours in advance @ 278-7609

Call the Center for transportation to and from lunch and for medical rides at 278-8622.

2nd

Monday

11:30 AM – Today's Lunch: Fish Newburg, Vegetable Couscous, Carrots, Chocolate pudding

11:30 Am – Join us today for a Popular Seminar entitled "Health Plan Options for People with Medicare" offered by Blue Cross Blue Shield of MA, the presentation includes an explanation of Medicare, including the Medicare drug benefit. It also shows how Medigap plans and Medicare Advantage plans work with Medicare. This popular seminar is often praised for the way it makes complex information easy to understand. A question and answer session will follow.

All are welcome regardless of your insurance coverage.

Call us @ 278-8622 48 hours prior to order your lunch!

NEW DAY! 3-4 PM Computer Classes – Our Instructors will help you see a whole new world Through the eyes of the Internet. Want to learn How to e-mail friends & family, or where monarch Butterflies migrate? Come to the Uxbridge Senior Center for computer classes each Monday. Classes are offered free of charge. We are now wireless! Bring your own laptop and receive personal instruction on your computer! Call 278-8622 to enroll in this free educational program.

3rd

Tuesday

8:30 AM Grocery Shopping @ Hannaford's

Call 278-8622 for a ride

11:30 AM – Today's Lunch: Pot Roast Stew,
Red Bliss Potatoes, Succotash, and Mixed Fruit

11:30am – Lunch and Learn –Evelyn Sandoval,
From Evercare will join us to discuss Senior
Care Options extra coverage from MassHealth.
SCO provides coverage for all medically necessary
MassHealth and Medicare Services including care
plans, geriatric support services and family and
caregiver support. Join us for this informational
talk. Reserve your meal 48 hours in advance by calling
Bev at 278-7609.

1:30 PM – Card games – Dealer's Choice - All are welcome!

4th

Wednesday

11:30 AM - Today's Lunch: Chicken Mornay, Wild Rice,
Spinach, Multigrain Bread and Granola Bar

5th

Thursday

11:30 AM – Today's Lunch: Vegetable Primavera,
Brussels sprouts, Pumpernickel Bread, Baked Apple
Join us with our friend, Richard Colohan, on keyboard!
Call Bev at 278-7609 for your meal reservation.
Yoga Classes from 3:30 to 4:30pm.

6th

Friday

11:30 AM – Today's Lunch: Salisbury Steak,
Garlic Mashed Potatoes, California Blend Vegetables, Fresh Fruit
Join us with our friend, Richard Colohan, on keyboard!
Mary Edmond, Staff Prosthetist from New England Orthotics
And Prosthetics will join us to discuss Medicare's role
in providing shoes and shoe inserts for people with
diabetes and circulation problems. Those who qualify
can get a new pair of shoes or inserts every year.
Join us for this informational talk.

Reserve your meal 48 hours in advance by calling
Bev at 278-7609.

9th

Monday

11:30 AM - Today's Lunch: Turkey, Gravy and Mashed Potatoes.

Green Beans, Oatmeal Bread, Fruit Ambrosia

NEW DAY: Computer Classes 3-4 pm today. Bring a friend!

Our instructors will help you see a whole new world through
The eyes of the Internet! Learn more about your health, new

health care legislation, and much more.

10th

Tuesday

8:30 AM Grocery Shopping @ Hannaford's

Call 278-8622 for a ride

11:30 AM – Today's Lunch: Vegetable Soup, Spanish

Meatballs, Egg Noodles, Scandinavian Veggies,

Whole Wheat Bread and Fresh Fruit.

1:30 PM - Card games today. All are welcome!

4:00 PM - COA Board Meeting

7:00pm - Annual Spring Town Meeting at the High School

11th

Wednesday

11:30 AM - Today's Lunch: Vegetarian Chili, Brown rice,

Broccoli, Honey Wheat Bread and Bread Pudding

Call 278-7609 for meal reservations.

Lunch and Learn - Veterans Agent Ken Trajanowski

will lead a round table forum on Veterans Benefits

including the fuel assistance program. There will be

a discussion of Memorial Day preparations. All veterans

are encouraged to attend.

1:30 PM – Senior Club Today! Bingo to follow

Meeting. Senior Club is open to interested individuals

55 yrs++.

12th

Thursday

11:30 Today's Lunch: Butter Milk Chicken, Red Bliss

Potatoes, Mixed Vegetables, Rye Bread and Pineapple Crisp.

Musical Luncheon with Richard Colahan on keyboard!

12:30 PM New Time! WalMart Shopping today.

Pick up for WalMart begins @ 12:30 after lunch.
Call us to register @ 278-8622. First come First served.
2:30 PM PageTurners with Jane Granatino, Library Director
If you like to talk about books, good and bad, join us. Share some of your favorite reads, talk about what makes a classic and discover new authors this book discussion is for You!
New members are always welcome, just stop by!
3:30-4:30 PM - Yoga Classes Today – Marilyn Jones, Certified Yoga Instructor, will guide you through an Hour of stretching and strengthening while sitting in A chair. This is a great choice for those who are stiff with arthritis, limited physical strength and stamina, or those building up to a different level of exercise. Our classes are offered free of charge. Donations are Accepted. No registration necessary. Join Us!

13th

Friday

11:30 AM - Today's Lunch: Pork and Apples, Vegetable Pilaf, Roman Veggies, Chocolate Chip Cookie
Join us for lunch with our friend, Richard Colohan on the keyboard!

16th

Monday

11:30am – Today's Lunch: Italian Braised Beef, Egg Noodles, Brussels Sprouts, Granola Bar
NEW DAY: Computer Classes 3-4 pm today. Bring a friend! Our instructors will help you see a whole new world through the eyes of the Internet! Learn more about your health, new health care legislation, and much more.

17th

Tuesday

8:30 AM - Grocery Shopping today at Hannafords!
11:30AM – Today's Lunch: Pork Stir Fry, Brown Rice, Summer Veggies and Peaches
1:30 PM – Card Games Today – Dealer's Choice

All are welcome to join in at any time. Bring a Friend!
6:00pm – Elderly Connection Annual Meeting

18th

Wednesday

11:30 AM - Today's Lunch: Beef and Cabbage Casserole, Wax Beans and Carrots, Pineapple Cream Cheese Salad
Lunch and Learn – Gail Trubow from Fallon Healthcare will be here to answer any questions you may have about Medicare and Fallon Healthcare.

19th

Thursday

11:30 – Today's Lunch: Salmon Boat, Garlic Mashed Potatoes, Peas and Onions and Mixed Fruit
Richard Colohan will entertain on the keyboard.
3:30-4:30 Yoga

20th

Friday

11:30- Today's lunch: Chicken in Broth, Seasoned Potatoes, Mixed Vegetables and Fresh Fruit
Richard Colohan on the keyboard.

23rd

Monday

11:30 Today's Lunch: Rosemary Pork, Sweet Potatoes, Cauliflower and Peppers and Pear Crisp
3-4PM Computer Classes today.
All are welcome. Classes are small and Geared to your personal needs. Join Us!

24th

Tuesday

8:30 AM Grocery Shopping today at Hannafords!
11:30AM – Today's Lunch: Apricot Chicken, Herbed Potatoes, Green Beans and Birthday Cake
1:30 PM – Card Games Today – Dealer's Choice

All are welcome to join in at any time. Bring a friend!

25th

Wednesday

11:30AM – Flag Raising Ceremony in honor of Herve Gazaille. Richard Moore will be here to present a new flag to the Senior Center.

Herve Gazaille's three sons will be on hand to help accept the flag. Herve was a long time friend of the center and a WWII veteran. Also on hand will be the Blackstone Valley Fife and Drum Corp under the direction of Lt. Peter Emerick.

All war veterans are invited to attend.

If you plan to attend please call Bev at 278-7609 48 hours in advance to reserve your meal.

11:30 AM - Today's Lunch: Fish with Dill Sauce, Lemon Potatoes, Spinach and Fruited Ambrosia.

1:30 PM Senior Club – Bingo to follow business meeting. Senior club is open to individuals 55++ and dues are only \$10 per year

26st

Thursday

11:30am – Lou Pilczak from Tri Valley, Inc will be here to educate us on the health benefits of the DASH dietary plan. She will help you define high blood pressure, make you aware of the new dietary guidelines and help you adapt them to your own home menus. There will be a food demonstration and you can try a healthy snack.

Susan Freund from the Visiting Nurses will be here to take your blood pressure. Please join us. Please call Bev at 278-7609 48 hours in advance to reserve your meal.

11:30 – Today's Lunch: Beef Stroganoff, Mashed Potatoes, Vegetables and Waffle Grahams

3:30-4:30 Yoga

27th

Friday

11:30 AM Today's Lunch (in house): Minestrone Soup, Lasagne, Italian Veggies and Baked Apple.

Special Luncheon Trip to the Wayside Inn, in

Sudbury. Pick up begins @ 11 am
Trip is limited – first come first served. If you are
Interested in joining us for this special trip, please
Call 278-8622 today to register. Hope to see you!

30th

Monday

Memorial Day Holiday – Senior Center is Closed

31st

Tuesday

8:30am – Grocery Shopping @ Hannaford's

11:30 – Today's Lunch – Beef Jardiniere, Mashed
Potatoes,

Honey Glazed Carrots and Peaches

1:30pm – Card Games – All are welcome.

DON'T FORGET! Our annual Golf Tournament on
June 11, 2011 at Crystal Lake, Harrisville, RI
Call the Senior Center at 278-8622 to register for
this fun filled fundraiser.